

## RUNNING SANDAL

### ABSTRACT OF THE DISCLOSURE

A sandal for receiving a foot of a wearer, the foot having a heel and a forefoot including toes. The sandal includes an upper, a midsole assembly and an outsole component. The midsole assembly includes a main body and a support component that may include a slightly curved forefoot plate positioned at least partially adjacent to a bottom surface of the main body. When fitted with the curved forefoot plate, the sandal is capable of facilitating a rolling action in the direction of a stride of the wearer. The upper may form a sandal strap system, with an inner or fixed strap layer and an outer or adjustment strap layer. The outer or adjustment strap layer can be used to adjust the sandal upper so the foot of the wearer can be secured to the sandal.